

## Constructive Use of Time Details

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### For 3-5 Year Olds

[Play and creative activities](#)—The child has daily opportunities to play in ways that allow self-expression, physical activity, and interaction with others.

[Out-of-home and community programs](#)—The child experiences well-designed programs led by competent, caring adults in well maintained settings.

[Religious community](#)—The child participates in age-appropriate religious activities and caring relationships that nurture her or his spiritual development.

[Time at home](#)—The child spends most of her or his time at home participating in family activities and playing constructively, with parent(s) guiding TV and electronic game use.



### For 5-9Year Olds

[Creative Activities](#)—Child participates weekly in music, dance, or other form of artistic expression outside of school.

[Child Programs](#)—Child participates weekly in at least one sport, club, or organization within the school or community.

[Religious Community](#)—Child participates in age-appropriate religious activities and caring relationships that nurture her or his spiritual development.

[Time at Home](#)—Child spends time at home playing and doing positive activities with the family.



### For 8-12 Year Olds

## CNP40 Assets

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**Creative activities**—Child participates in music, art, drama, or creative writing two or more times per week.

**Child programs**—Child participates two or more times per week in cocurricular school activities or structured community programs for children..

**Religious community**—Child attends religious programs or services one or more times per week.

**Time at home**—Child spends some time most days both in high-quality interaction with parents and doing things at home other than watching TV or playing video games.



## For 12-18 Year Olds

**Creative activities**—Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.

**Youth programs**—Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.

**Religious community**—Young person spends one or more hours per week in activities in a religious institution.

**Time at home**—Young person is out with friends “with nothing special to do” two or fewer nights per week.